



# The Journal

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September 7, 2017

## VolunTeens Gain Experience in Military Medicine



Photo by Areebah Shah



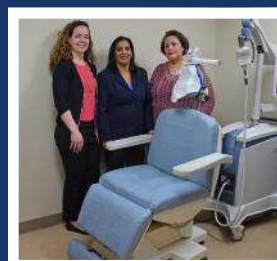
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Treatment for  
Depression

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# Walter Reed Bethesda Conducts Mass Casualty Training

Medical Center Prepares For Sept. 29 MASCAL Exercise

By Bernard S. Little  
WRNMMC Command Communications

Walter Reed National Military Medical Center conducted mass casualty training Aug. 17 outside of the hospital's Emergency Department.

"We conducted a full walkthrough of our procedures for receipt of patients exposed to chemical agents," stated Chris Gillette, command emergency manager for WRNMMC. "We set up our portable decontamination shelter during the training, [which was] part of our all hazards continuous readiness program," he continued.

Gillette added the training was conducted in preparation for a Sept. 29 full-scale mass casualty exercise. He added the August training and September exercise are part of Walter Reed Bethesda's continuous efforts to maintain emergency readiness.

During the Aug. 17 training, personnel from the Emergency Department, Radiation Safety, Emergency Management, Decontamination Staff and Patient Administration set up a portable decontamination shelter and went through procedures to provide safe emergency care to patients exposed to chemical agents.

Gillette explained all training and every exercise provide opportunities for improvement.

We look forward to receiving valuable feedback from multiple



PHOTO BY BERNARD S. LITTLE

Walter Reed National Military Medical Center conducted mass casualty training Aug. 17 outside of the hospital's Emergency Department. Above, Sailors and other emergency responders train with a portable decontamination shelter, going through procedures to provide safe emergency care to patients exposed to chemical agents.

subject matter experts who evaluate the exercises. Our goal is to maintain continuous readiness." He added the training and exercises WRNMMC conducts through the year help ensure the medical center maintains "highest state of readiness while maximizing the safety and security of staff, patients and visitors," he furthered.

Communication and safety are always paramount during all training and exercises, Gillette continued. "How do we receive word of that incident? Were we able to pass that information on to our staff members? Are we able to protect our staff, patients, visitors and facility?"

"We are a 24-7 health-care facility with an inpatient and emergency care mission which doesn't stop regardless of the situation. This is a challenge when we're notified of a mass casualty incident that could involve a surge of patients," he added.

He stated WRNMMC must be ready to meet the challenge of having enough trained medical teams to rapidly respond to receive casualties, some who may be exposed to a chemical or radiological agent.

For more information about emergency management at WRNMMC, call Chris Gillette at 301-295-3115 or Melissa Knapp at 301-319-4906.

## Bethesda Notebook

### Tower Main Entrance Closed

The main entrance to the Tower (Bldg. 1) is closed for the historic bronze doors refurbishment project. The entrance will be closed for approximately 30 days. For construction updates, call the Construction Information Hotline at 301-400-1934.

### Lunch and Learn Series

Resiliency and Psychological Health will host a Lunch and Learn Series every Thursday through September in the Relaxation Room in Bldg. 19, Rm. 2525A from noon to 1 p.m. Topics include relaxation, stress management, conflict resolution, and building a resilient team. People are encouraged to bring their lunches and learn. For more information, call 301-400-1974.

### Autism Symposium

An Autism Symposium is scheduled for Sept. 13 from 9 a.m. to 4 p.m. in Bldg. 10's Clark Auditorium. Registration will be held on site. Discussion will include how those with autism are evaluated by determining their individual needs, and local and civilian resources will be available to assist individuals with autism and their families.

### Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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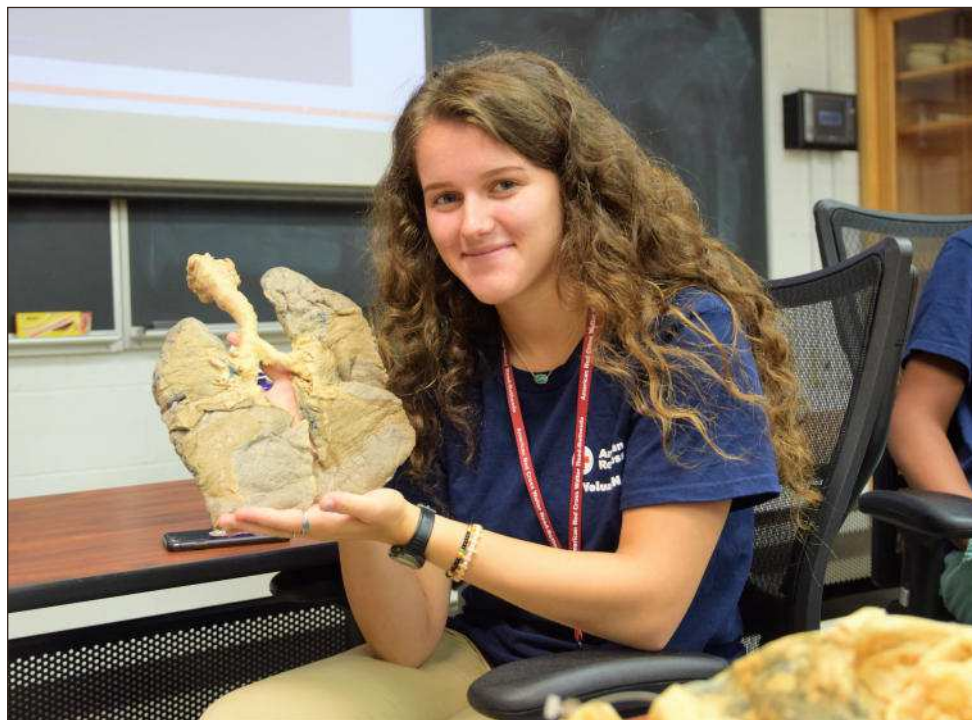
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VolunTeen Kaitlyn Serway holds up a plasticized anatomy during a pathology briefing.



Bret Bolog, a 2017 VolunTeen, helps out in the physical therapy department.

# VolunTeens Obtain Experience in Military Medicine

Story and Photos by Areebah Shah  
2017 Red Cross VolunTeen

For six weeks this summer, 47 high school students participated in the American Red Cross 2017 VolunTeen Program at Walter Reed National Military Medical Center where they worked in 20 medical departments and clinics.

VolunTeens were assigned positions where they provided assistance to staff by performing everyday tasks such as answering calls, filing paperwork, interacting with patients, shadowing doctors and nurses and even sitting in on surgeries. Some of these areas in which VolunTeens were placed include audiology, dermatology, gastroenterology, hematology, obstetrics, occupational therapy, psychiatry, pediatrics, and physical therapy.

In these areas, VolunTeens were very highly valued for their effort, enthusiasm, and overall helpfulness.

"The VolunTeen program has inspired me to join military medicine," said William Serrano, a teen volunteer. "By spending time in the clinic, I have really gotten a sense of how a hospital operates. The staff has been very welcoming. Volunteering at Walter Reed has turned out to be a great experience for me."

Recruitment for the VolunTeen program begins in February and is highly competitive, requiring a teacher recommendation and essay.

During the program, VolunTeens participate in Medical Awareness for Teens (MAT) Seminars that were held weekly. The seminars are educational experiences in which teens engage in hands-on briefings in specialized medical fields. This is the second year to include the MAT Program to further



VolunTeens practice suturing in the simulation center.

VolunTeens' involvement in Military Medicine.

The 2016 MAT program lineup included radiology, occupational therapy, Uniformed Services University of the Health Sciences Simulation Center, hospital dentistry and prosthetics.

"I like that I get hands on experience working in the medical field. It's really such a unique opportunity to be so involved in a hospital environment," said Rahel Eskinder, a 2017 VolunTeen.

The VolunTeen program not only provides students with a valuable base to build on in hospital training, but it gives them a chance to break out of their comfort zone and explore new developments in science that they may one day choose to pursue.

"I feel like I'm a part of something bigger," said Eli Rockabrand, a two-year VolunTeen. "The time I have spent here has been so valuable. I have been exposed to so many different clinics and fields."

In addition to learning about medical fields, the program also strives to give the VolunTeens a renewed appreciation for the noble work of the Red Cross and the United States Military.

"The VolunTeen program is fun and educational way to spend my summer," said VolunTeen Alea Oliphant. "It has benefited me personally to come to a military center and witness the efforts of our armed forces. It feels good to be able to help them out."



# TMS Therapy: Alternative Treatment for Depression, Anxiety

By Megan Garcia  
WRNMMC Command Communications

Dr. Navneet K. Atwal and her team of TransCranial Magnetic Stimulation (TMS) Treatment Service at Adult Outpatient Behavioral Health Clinic at Walter Reed National Military Medical Center are hoping to help patients who are looking for an alternative treatment for depression and anxiety.

TMS therapy uses precise, targeted magnetic pulses via a magnetic field generator called a coil that is placed on a person's scalp, emitting a small, electric current to the region of a person's brain involved in mood control and depression.

Atwal said TMS has been shown to be a safe and well-tolerated procedure that can be an effective treatment for patients with depression who have not benefitted from certain antidepressant medications or cannot tolerate antidepressant medications due to side-effects; patients like Jane Doe and John Smith (whose names have been omitted to protect the patients' privacy).

Jane, who spent seven years in the Navy and deployed twice to Guantanamo Bay Naval Base, said that about six months after coming back from her deployment in 2008, she started having issues with sleeping, and

it progressively got worse, resulting in a later diagnosis of post-traumatic stress disorder, anxiety and depression.

She added that she tried various medications for the next three years, but nothing seemed to be working, compelling her to look at other options.

"In 2011, I tried [an alternative procedure], and it kind of was like someone hit the reset button. It was like all of a sudden I slept through the night. The depression seemed to lift a lot, and even the anxiety was better," Jane said.

Although she saw progress from the procedure and it was effective, the side effects were dramatic, and "it takes a lot out of you to do it," Jane said.

After two to three years when she needed to repeat the treatment, Jane said she didn't know if she could put herself through that again, so she discussed various alternative options with her provider, who recommended Jane try TMS therapy.

The TMS treatment takes place for five days a week, for four to six weeks, with each session lasting about 40 minutes.

"I was reluctant to do it, but my spouse told me I had to try whatever I could," Jane said.

See **TMS**  
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PHOTO BY MEGAN GARCIA

From left, Dr. Joanna Galati, Dr. Navneet Atwal and Annette Davis, a nurse who works in the Adult Outpatient Behavioral Health Clinic at Walter Reed National Military Medical Center, stand behind the chair and equipment used to perform TransCranial Magnetic Stimulation therapy for some patients who suffer from depression and anxiety. Galati, Atwal and Davis specialize in this type of care for patients.

# Multicultural Committee Hosts Women's Equality Day Observance

By Kalila Fleming  
WRNMMC Command Communications

"We have so much reason to celebrate. You don't have to look too far; you don't need to look too deep in the military, politics, in medicine. You can see the tremendous track that the country has made [in improving equality for women]," said Navy Lt. Cmdr. Melissa Burke.

The Navy officer served as guest speaker during the Women's Equality Day observance Aug. 25 at Walter Reed National Military Medical Center. Women's Equality Day commemorates the day the 19th Amendment, which officially granted women the right to vote, was certified to the Constitution on Aug. 26, 1920.

"Investing in gender equality and women's empowerment can unlock human potential on a transformational scale," added Burke, operations chief for the Warrior and Family Coordination Cell at WRNMMC. She cited the U.S. Agency for International Development, which added that when women participate in civil society and politics, governments are more open, democratic and responsive to citizens. In addition, USAID officials stated that women account for one-half of the potential human capital in any economy.

"When women exceed, our economy succeeds," Burke furthered.

"In many areas, there is room for improvement, but today, let's recognize the past and present, and how far we have come as a nation in fighting to improve women's equality," Burke concluded.

Walter Reed Bethesda's Multicultural Committee sponsored the event.



PHOTO BY KALILA FLEMING

**Navy Lt. Cmdr. Melissa Burke, operations chief for the Warrior and Family Coordination Cell at Walter Reed National Military Medical Center, serves as guest speaker at the medical center's Women's Equality Day observance Aug. 25.**

Women's Equality Day was first celebrated nationally in 1973, and it has been proclaimed each year by nearly every U.S. president. The date for the observance was chosen to observe the day in 1920 when Secretary of State Bainbridge Colby signed the proclamation granting American women the constitutional right to vote. In 1970, and again in 1973, the late Congresswoman Bella Abzug of New York introduced a resolution in Congress to designate Aug. 26 as Women's Equality Day.

On Aug. 16, 1973, Congress approved a resolution which stated that Aug. 26 would be designated as Women's Equality Day and that "the President is authorized and requested to issue a proclamation

in commemoration of that day in 1920 on which the women in American were first guaranteed the right to vote." The same day, President Richard Nixon issued Proclamation 4236 for Women's Equality Day stating, "The struggle for women's suffrage, however, was only the first step toward full and equal participation of women in our Nation's life. In recent years, we have made other giant strides by attacking sex discrimination through our laws and by paving new avenues to equal economic opportunity for women. Today, in virtually every sector of our society, women are making important contributions to the quality of American life. And yet, much still remains to be done."

Every president since Richard Nixon and continuing until Donald Trump has issued a proclamation designating Aug. 26 as Women's Equality Day. "Women have always been instrumental to America's greatness, but with greater access to governing institutions through national suffrage, generations of women have been able to use the power of the ballot to shape their communities and help keep America a beacon of freedom and opportunity for the world," Trump's proclamation reads.

Trump added, "As we observe Women's Equality Day, commemorating the 19th Amendment, we honor America's female pioneers. These resilient women have inspired countless others to challenge the status quo in order to advance the ultimate American value: that all men and women are created equal. Together, we are creating a Nation where every daughter in America can grow up believing in herself, her future, and following her heart toward the American Dream."



## TMS

From  
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"She said, 'Try it once, and if I don't like it, so be it.'"

Jane explained with her depression and anxiety, leaving her house was a struggle. Additionally, the constant fatigue she felt from not getting any rest had gotten so bad that even driving had become difficult for her. However, she pushed forward and began her treatment in March and saw instant results.

"I noticed immediately after sitting in the chair for 40 minutes I was more tired, and I was leaving here a little sleepy, and I was like, 'Wow!', this is kind of weird because I am usually so edgy that I'm not sleepy at all. So I'd go home in the afternoon, and I haven't slept during the day in I don't know how many years, and every once in a while I would fall asleep and take a nap," she said.

Jane laughed as she recalled calling her TMS therapy nurse to tell her how she was finally able to get some rest.

"I felt so much better, and now when I sleep, I'm like a rock. When I'm out, I'm out," Jane added.

Although she is still taking some medication from time to time to help her sleep, her dosage has been decreased from 200 mg to 50 mg.

"If I have trouble calming down at night, I'll take them, but it's not nearly what I had to take before," she said.

She has also seen improvements in her mood.

"I'm totally ok with taking the dogs outside now," said Jane, who has three dogs and a litter of puppies. "They love to go for walks. Before, there were sometimes when I just didn't want to go outdoors. Now we go on three walks a day. There's not a lot keeping me from going out now."

She also finds she doesn't need her anxiety medication as much and only takes it once a week versus every day.

Jane said she is glad she made the decision to try the treatment.

"It seems like a lot at first, but its way worth it, and it becomes way easier after the first couple of weeks," she said. "Then it's no longer 'Oh my God, I have to go every day.' It's 'I'm going to feel so much better after I get out of that chair.'"

John Smith, who still serves on active duty, said he has also seen a change since starting the therapy.

In 2014, six months after he joined the Navy, John said he started to feel detached from everything, and he also noticed he didn't enjoy doing certain things like he did before. After finally reaching out for help in early 2016, he was diagnosed with depression and anxiety and was placed on medication.

He decided to start the TMS treatment in May after talking with his provider about his growing frustrations with medications he felt weren't working.

He started to see changes going into his third week of treatment.

"The biggest thing that I noticed was the impact on my anxiety," he said. "I had deadlines coming up, and instead of freaking out and not doing anything about it, I just did it. Things seemed more doable, and I didn't get overwhelmed as quickly."

Although John still has some time before he is finished with the treatment, he said he is very pleased with the results so far. The detachment he once felt has gotten better, and he's more willing to engage with people than he was before.

"I'm starting to talk to people a lot more and reconnect with my family," John said. "My psychiatrist said when she first saw me I would smile with my mouth, but not with my eyes, but now she said she's notices a difference."

Atwal said that due to its noninvasive nature and minimal risk of lasting side effects, TMS therapy has been studied as a possible treatment for a wide range of psychiatric conditions, though the data is strongest for use in treatment of Major Depressive Disorder.

"We have a wonderful team for our TMS therapy service at our clinic, including another psychiatrist, Dr. Joanna Galati and two TMS therapy nurses, Annette Davis and Yogeswari Nathan, who are very attentive to the patients' needs and are competent in rendering the TMS treatment." Atwal said that TMS treatment is being offered at Psychiatry Continuity Service as well.

Senior Airman  
David Anderson

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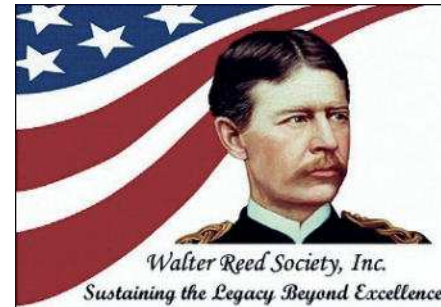
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The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

**Membership in the Society is open to all** - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

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For membership application or donation information, please contact Debra Washington at [walterreedsociety@verizon.net](mailto:walterreedsociety@verizon.net) or call (301) 571-1580.

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9/8	11 am-2 pm	Hispanic Heritage Luncheon at Warrior Café
9/9	7:15 am	C&O Canal Bike Trip The group will be leaving from Bldg. 62. <b>NEW Lower Price! \$10 Liberty*, \$20 All Others</b>
9/9	9: 45 am	Intramural Flag Football Begins

For details & to register: [www.Navymwrbethesda.eventbrite.com](http://www.Navymwrbethesda.eventbrite.com)

### Kings Dominion Patriots Day- Sunday, September 10 10 am

Kings Dominion will open exclusively for Naval District Washington colleagues, family and friends. Special Pricing at [www.kingsdominion.com/save](http://www.kingsdominion.com/save) with username and password: **KDPATRIOTSDAY**- Free parking.

### 5<sup>th</sup> Annual FREEDOM 5K- Monday, September 11 11 am

MWR Sports Complex check-in begins at 9:30 am. Run/walk starts at 11 am. Active-duty **FREE**, All others **\$5**. All abilities are welcome. Register online by September 8: [www.nsabfreedom5k2017.eventbrite.com](http://www.nsabfreedom5k2017.eventbrite.com) POC PH 301- 295-0031

### Armed Forces Olympics-Friday, September 22 9 am-1 pm

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FREE registration: Active Duty: Contact PRT office 301-295-5502  
Civilians: Go to [www.navymwrbethesda.eventbrite.com](http://www.navymwrbethesda.eventbrite.com)  
Running relays, obstacle courses, 3 pt. shoot out, volleyball, tug of war-Team Trophies. Register by 9/20 at 1200. Volunteers needed: sign up at [www.signup.com/go/pijCxpq](http://www.signup.com/go/pijCxpq).

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